



The program is offered at various locations across the state. Call 1-800-994-9422-ask for the LIVE WELL Coordinator to find a class near you.



Feel better.

Be in control.

Do the things
you want to do.

Sample Workshop Topics:

Healthy Eating
Exercise
Better Balance
Effective Communication
Problem solving
Setting Goals

*CT DPH is an equal
opportunity employer*




**Put Life Back in
Your Life!**

Put Life Back in Your Life



LIVE WELL WORKSHOPS
"It's your life, live it well!"


Put Life Back Into Your Life. Consider a LIVE WELL Workshop.


Are you an adult age 55 or older with an ongoing health condition? Or do you care for someone with a chronic condition?


You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or care for someone with condition the **LIVE WELL** Workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

 Join a free 2 ½-hour **LIVE WELL** Workshop, held each week for six weeks.

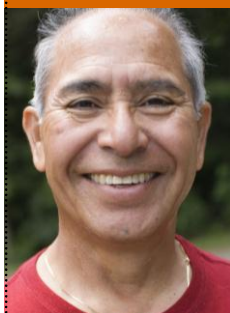
 There are workshops at various locations. Call the LIVE WELL coordinator at 1-800-994-9422 for more information. Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."



Call the LIVE WELL Coordinator at 1-800-994-9422
for more information



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."